

SUMMARY FOR OUR FELLOWSHIP TRAINING AT FUJITA BANTANE HEALTH UNIVERSITY HOSPITAL –JAPAN FROM 16TH JAN -16TH MARCH 2024.

We learned and participated in the use of zoom meetings for the first time. We participated in Fujita Alumni board meeting and introduction to the webinars and we did our first-time international webinars presentation, it helped us to gain confidence, skills and knowledge from others. We have learned zoom connection techniques. We have been attending other webinars where we learned a lot of different topics.



OUR 1ST WEBNAR WITH SENSEI PROF ALBERTO

We had the privilege to attend different workshops and hospitals affiliated to Fujita Bantane hospital to gain exposure and experience. We attended two workshops, Stroke and Japanese Neurological society, which were full of lessons about neurosurgical conditions and nursing procedures, we had a chance to explore Tokyo city for the first time. It was an Everlasting moment ever. We had opportunity to visit at Fujita main hospital Nursing Department where we were oriented in some hospital settings and learn how some departments work like

EMERGENCY,ICU,PICU,REHABILITATION,NURSING,HELICOPTER EMERGENCY SERVICES and Faculty of Nursing we passed through classes, we observed how they do home nursing care, they have a lot of equipment for nursing learning especially by the use of VR[virtual reality],we also visited at AICHI hospital were we saw babies nursed in ICU with different neurological and non-neurological conditions. It was our pleasure to visit these hospitals and we wish we could have visited more and more but we had to go to some other places. We attended a Gender Innovation meeting arranged by Fujita Bantane under Prof Kato. It was a healthy meeting with each member's contributions.



NP INCHARGE AND THE TEAM FROM





We had fantastic learning moments during weekly wound ward rounds with the team; [dermatologists, Pharmacist, Nutritionist, Physiotherapist, wound specialist nurses, ward nurses] proper inspection of wounds with dressing well done, learnt new ways of cleaning wound quite different from Tanzania and the material used were new to us.







We have learned how to write papers and journals since it was our first time we managed through the assistance of Prof Kato and other sensei's, we are very happy about this, hence we are going back home we will continue to write more and more papers as much as we can. We have acquired new knowledge through different article reviews while writing papers.

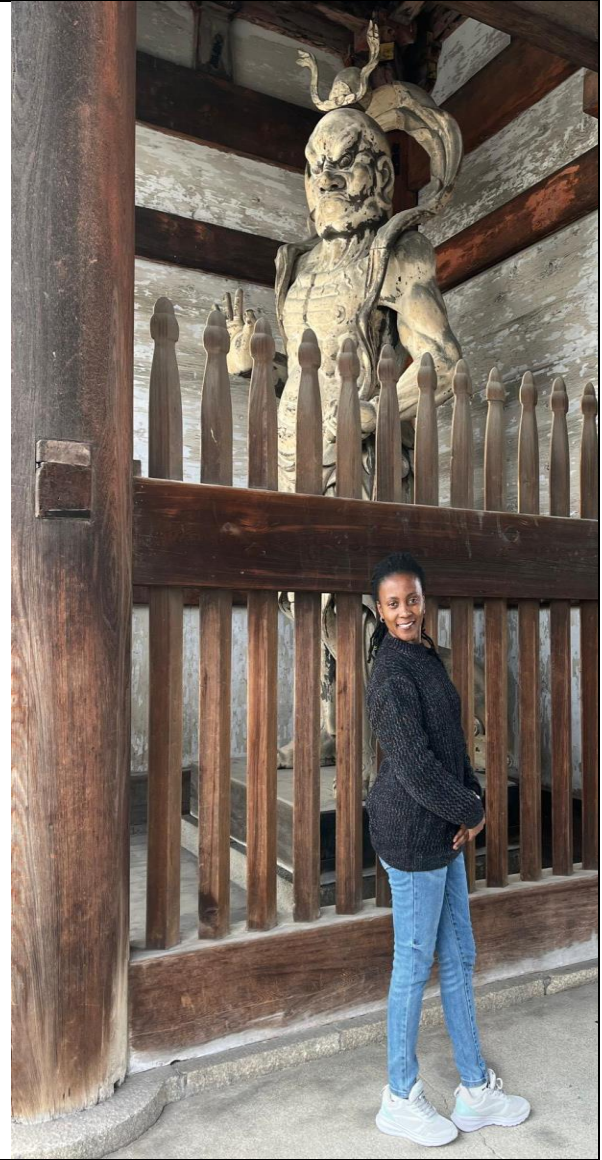




We have learned, experience, gained confidence on public presentations, we have improved our language skills too, also we have learned how to prepare presentations.

We are very happy to explore different places like Kyoto, we visited different temples including Golden temple, Ninnaji temple and we roamed around Kyoto which is the traditional city of Japan.





We have tasted and liked all if Japanese traditional food including Shabushabu, Yakiniku, sushi, Ramen, traditional rice, live cooking, we have also enjoyed welcoming and farewell parties at Kathmandu; with their palatable foods, we are so thankful to Prof Kato, we will not forget your hospitality during our stay in Japan. We had great moment, dinner and lunch with FUJITA SHUSHIN ASSOCIATION, it was a pleasure to meet Prof Kato's patients and to have exercises with them.





In OR learned a lot of procedures Endoscopic Aneurysm Clipping, Micro vascular decompression, scrubbing, pre operative positioning, skin preparations before surgery, instrument arrangement, cutting time(keeping) sterility, teamwork and communication in the OR and Video editing. We learnt new high technologies of treating Aneurysm minimally Invasive by the use of flow diverter, diagnosing by the use of catheters, time management, communication between patients and team well done, staff readiness to train us during the procedure, we had orientation on reading MRI & CT SCAN.



We had 2 amazing weeks in ICU learns about critical care nursing, we observed Tracheostomy Insertion procedure and care, dialysis PICC, Angel care, Extubation and Intubation (modern way) with modern equipment, Teamwork highly observed post operation receiving Emergency preparedness, timely medication, use of scanner for prior medications, proper documentation, changing position, communication between nurses and patients well done, availability of equipment, suction with disposable bags. Critical cares, Doctors are readily available most of the time. In the ward well received with nurse in charge, we observed good communication between nurse, patient and family members. Rehabilitation we were received with the DR In charge and other staff members, were oriented and had fixed time table strict and very smart staff were

aware and responsible for our presence, staff taught us everything they do to the patient. New equipment and modern way of doing procedures, like Endoscopic Video, Magnetic stimulation, speech therapy, occupational therapy, of which in our work setting is not yet done. Evaluation after the investigation (well done) Rehabilitation team is eager to learn from what we do too, staff treat patients like their family members with love.



We are so Grateful to the Kato Foundation, Prof Kato for the Incredible training received from you, it was a top –notch. We know ending this fellowship is the beginning of great things in future, thank you The Neurosurgery Department team at Fujita Health University Bantane Hospital, you will always remain in our hearts forever. We are very thankful for the comfortable accommodation the Vivian Apartment provided to us. We have fallen in love with Japan and we have decided to make Japan our second home, we would like to visit Japan once again.



